



## Psychology of Food

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### Summary

This course will enable you to understand the basic concepts of how different foods affect our psycho-physiology – our moods, our behaviour, our choices in life. Understand how cravings act on the brain. Begin to understand the vast arena of our gut bacteria. Learn which foods make us happy and why. Enjoy gaining practical and useful knowledge in a light-hearted fun environment.

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### Duration

**12 hours**

(6 contact hours & 6 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this subject. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

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### About The Trainer

Fiona Banovic is a clinical nutritionist based in Sydney. She is passionate about enjoying great food and a sunny lifestyle, all in the name of good health. But she is also realistic about the pressures of an increasingly fast city life so flexibility is a big factor in her advice.

She holds a Bachelor degree in Health Science, a Diploma of Nutrition, and a Bachelor degree in Commerce. She is a Professional Member of the ATMS and has been in professional practice since 2002.

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### Learning objectives:

1. Articulate the connection between gut-health and overall health
  2. Be familiar with current research into connection between gut microbiome and maintaining human health
  3. Identify key causes of food addiction
  4. Research: treating behavioural/mood disorders through nutritional support
  5. Understand how neurotransmitters can hijack your logical thinking
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### Assessment

This subject is assessed by one on-line quiz

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### Pre-requisites

Nil

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### Resources

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

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### Content

Topics covered include:

- Comfort Foods
- Cravings & Food Addictions
- Sugar & the Brain
- Satiety Hormones
- Food-based Opioids
- Therapeutic Foods

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### Certificate of Completion

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

\*If you are learning for personal growth, you may elect not to participate in the assessment please notify us by emailing [info@naturecare.com.au](mailto:info@naturecare.com.au)